



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!

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Rape Prevention and Assault Seminar (for women only)

SHAPE will sponsor a Rape Prevention and Assault Seminar / Luncheon on Thursday, 31 Mar 05, 1130-1230, deFlorez 1041. The Seminar instructor is Mr. Leonardo Nery, Victory Martial Arts. This Seminar will:

- 1) Teach how to defend yourself from the aggressor, usually male.
- 2) Teach how to scope and prevent different types of situations.
- 3) Build self confidence.
- 4) Or in some cases can even save your lives.

To register for this free seminar, send your name, organization, and phone number to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome as long as space is available.

SHAPE's Army / Air Force

-vs-

Navy / Marine Corps Basketball Challenge

On Friday, 18 Mar 05, at 1530, SHAPE will host our ninth annual SHAPE Basketball Challenge at the UCF Educational Gym.

Encourage all center employees to attend and cheer for your favorite team! The UCF Educational Gym parking lot (Lot G-7) will be free from 1500 to 1730 for this event.

Employees interested in joining a team, contact the respective team lead. The Army / Air Force team leader: Tony Tolbert 407-384-5308; the Navy / Marine team leader: Blake Shackelford 407-380-4604



SHAPE's Motivational Fitness Fair on 29th of January: Dana Powell, World Gym Licensed Massage Therapist, proved free muscle therapy during out event.
Photo taken by Doug Schaub

KRAV MAGA Self Defense for Men (women can attend)

On Thursday, 7 Apr 05, 1130-1230, deFlorez Room 1041, SHAPE will sponsor KRAV MAGA Self Defense for Men. The course instructor is Leonardo Nery, Victory Martial Arts.

KRAV MAGA is a new Self Defense System designed by the Israeli Army. It's known as the best way to hold off attackers. The seminar will be conducted with real life techniques and scenarios. The defenses are based on human natural instincts, which makes it easier to learn and you don't need years to be good at it. The course includes Spontaneous Self-Defense, Knife Defense, Gun defense. The style is known as an Anti-terrorism Self - Defense.

To register for this free course, send your name, organization, and phone number to "shape@stricom.army.mil" Walk-ins will be welcome with space availability. This course is open to all Center employees and their family

members. If family members attend, you will need to complete a Security Visit Request.

GYM Contract Renewed

All Government employees of PEO STRI, NAVAIR Orlando TSD and AFAMS are encouraged to continue to take advantage of their employee benefit to use either the Oviedo World Gym or Winter Park Lifestyle Family Fitness (near University and Goldenrod). All you need to show is your blue employee Government ID badge.

Military dependents are included in this contract renewal. The military dependents would need to obtain a "blue Government ID" card (which will be used for ID proposes only) from NAVAIR Orlando TSD Security.

If you have not been to these gyms, recommend that you call to arrange an orientation session to familiarize yourself with their facility and your unique fitness program. World Gym: 407-365-8444, or Lifestyle Family Fitness: 407-679-4988.

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SHAPE's Campaign 05

Campaign 05 is designed to motivate employees to participate in a recommended exercise program. All participants are required to complete an Initial Health Risk Appraisal in March 2005 prior to beginning their official approved exercise program. If you are interested in joining our Campaign 05 program, send an email to "shape@peostri.army.mil". All employees, family members and contractors are welcome to join, but would need to pay the \$20 program fee. For first time PEO STRI employees this fee will be paid by PEO STRI.

Campaign details are located at: http://www.peostri.army.mil/TEAM_ORLANDO/SHAPE/shape2.jsp#shape_campaign_99_program

Exercise benefits are for a lifetime. Even short workouts three times a week can provide productive improvements

Lifestyle Changes for Better Health

SHAPE will sponsor a Lifestyle Changes for Better Health Luncheon on Thursday, 24 Mar 05, 1130-1230, deFlorez 1041. The Seminar instructor is Ms. Shannon Newbill, YMCA Health & Fitness Director. This Seminar will:

- Discuss behavior changes, exercise routines, and realistic setting goals.
- Provide easy real world tips, techniques and programs that get results.
- Learn about the importance of strength training, how to make your cardiovascular workout work for you, simple behavior changes that can help you lose weight and much more.

To register for this free seminar, send your name, organization, and phone number to "shape@peostri.army.mil". All SHAPE seminars are open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome as long as space is available.

Leap into Spring with Less Stress

SHAPE will sponsor a Managing Stress Luncheon on Thursday, 26 Apr 05, 1130-1230, deFlorez 1041. The Seminar instructor is Dr Janowitzl, Oviedo Family Chiropractic. The Seminar objectives:

- (1) Learn better ways to manage your time.
- (2) Create an empowering focus.
- (3) Learn how to optimize your physiology to handle everyday stress.

To register for this free seminar, send your name, organization, and phone number to "shape@peostri.army.mil"

"Basis of Health Awareness"

9 Mar 05 and 23 Mar 05 1130-1230
deFlorez 1103 (Multi Purpose Room)
Both dates are same seminar.

"Allergies"

13 Apr 05 1130-1230 deFlorez 1103

"Weight Management"

20 Apr 05 1130-1230 deFlorez 1103

Automatic External Defibrillator (AED) Training

22 Mar 05 1000-1030 deFlorez 2040

SHAPE Ideas contact:

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Lorraine Tuliano	407-380-8683
Annie Lopez	407-380-8475
Karen Witmer	407-384-5129
CAPT Rachel Castellon	407-208-5773
MSgt Jim Darity	407-208-5732

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, and the Department of the Army or the Department of Defense.

ATTENTION RUNNERS, JOGGERS, WALKERS!

Team Orlando is formulating teams to participate in the annual Corporate Run series held in downtown Orlando. The run is 5K (3.1 miles) in length and takes place on Thursday, 5 May 05 @ 6:45 p.m. The Corporate Run series has grown tremendously over the past few years, which has recorded more than 5000 participants and continues to grow. All participants are encouraged, including joggers and walkers.

There are 20 overall divisions of which PEO STRI / NAVAIR / Marines / AFAMS teams will compete in the Government teams division. Last year, the Team Orlando placed in every category and took home several awards including 1st place trophies for PEO STRI in the Men's race and NAVAIR in the Mixed race!

There are pre-race activities, post race activities, commemorative race T-shirts to all entrants, and complimentary team photos taken at the race site. Several participants get in on the race competition but this is also a grand opportunity to have fun with your co-workers, to further your physical fitness, and to promote camaraderie amongst the workforce and within the community.

To enter, please contact the organizers listed below. Entry fee is \$17 if paid by 22 April. After 22 April, the entry fee is \$20. The cut-off for all entries is 4 May.

Spouses and friends are also allowed and encouraged to participate. All runners and walkers should turn their registration form and entry fee into their respective team captain by April 22. Online registration is available this year.

PEO STRI Team Captains:

Jade Pasayan 407-384-5405
Joe Pellegrino 407-384-3960

Navy / Marine Team Captain:

Jay Worth 407-380-4840

AFAMS Team Captain:

MSgt Jim Darity 407-208-5732

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